

Secondhand Smoke and Disease

- ❑ The EPA estimates that secondhand smoke is to blame for approximately 62,000 deaths each year from coronary heart disease in nonsmokers and 3,000 lung cancer deaths each year in nonsmokers. ¹
- ❑ Secondhand smoke speeds hardening of the arteries. Arteriosclerosis, the condition in which the arteries are hardened is a leading cause of death in the United States. ²
- ❑ Secondhand smoke, also known as Environmental Tobacco Smoke (ETS) is the third-ranking cause of lung cancer, after active smoking and indoor radon. ³
- ❑ Secondhand smoke is the third leading cause of preventable death in this country. ⁴
- ❑ Certain elements of secondhand smoke can cause blood to clot and arterial linings to be damaged. Additionally, carbon monoxide limits the amount of oxygen that reaches the heart muscle. These factors combined can result in heart attack or stroke. ⁵
- ❑ A 1997 study of 32,000 nurses found that women regularly exposed to secondhand smoke were at twice the risk for heart attack compared to those not regularly exposed to secondhand smoke. This study controlled for other factors, such as high blood pressure and high cholesterol. ⁶
- ❑ Nonsmokers who are exposed to secondhand smoke on a regular basis have an 82 percent greater chance of suffering a stroke. ⁷
- ❑ For every eight smokers the tobacco industry kills, it takes one non-smoker with them. ⁸
- ❑ Nonsmokers exposed to secondhand smoke for just 30 minutes experience hardening of the arteries. ⁹

¹ MMWR (Morbidity and Mortality Weekly Report) - CDC Dec. 14, 2001, Vol.50/No. 49; ² Howard, G., JAMA, Jan. 14, 1998: Cigarette Smoking and Progression of Atherosclerosis. 279: 119-124; ³ Consumer Reports, Jan. 1995; ⁴ AHA Circulation, 1992; ⁵ Bunt, A., 1997: The Dangers of Secondhand Smoke, www.healthedco.com; ⁶ Mayo Clinic, 2000; ⁷ Glantz, Stan and Parmley, W., "Passive Smoking and Heart Disease: Epidemiology, Physiology, and Biochemistry," Circulation: 1991; Taylor, A, Johnson, D., and Kazemi, H. "Environmental Heart Disease and Cardiovascular Disease," Circulation: 1992; ⁸ Tobacco Control, 1999, 8:156-160; ⁹ Journal of the American Medical Association. 2001



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